



UNION TOWNSHIP ENVIRONMENTAL COMMISSION

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Summer 2013

Highlights include:

- UTC Chair update on Environmental Steward Program offered at Rutgers

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It's Lyme Time

Source: Hunterdon County Division of Public Health Nursing

Spring and summer can bring beautiful weather and plenty of time spent outside. It also can bring unwanted pests. To avoid what ticks can bring with them, follow these simple steps to protect you and your family from the dangers of Lyme disease.

Daily:

When showering or at bedtime, do a full body inspection for rash or attached ticks. Remember to pay special attention to favorite "tick spots" such as backs of knees, groin, waist, armpits, scalp, and folds in skin.

For Your Pets:

Because dogs and cats can develop Lyme disease, fit your pets with tick collars or treat them with a repellent product

applied monthly to the skin. Speak to your veterinarian about this and other options. Frequent tick checks should be done to find and remove ticks promptly.

Because of their small size, nymphal ticks easily can go unnoticed. While in tick habitats, more frequent checks of clothing and exposed skin are recommended.

If you find a tick:

1. **GRASP** tick as close as possible to the skin, using tweezers.
2. **PULL** straight out with a steady motion.
3. **WASH** site thoroughly with soap and water.
4. **RECORD** the site of attachment and date of bite on calendar.
5. **WATCH** for early signs and symptoms of Lyme disease (for up to one month), such as expanding red rash (at least 2-inches in diameter), flu-like

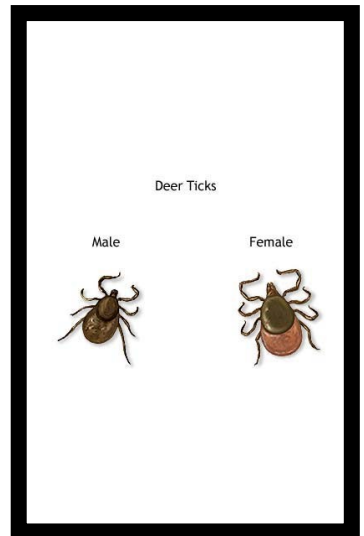


PHOTO CREDIT: HUNTERDON COUNTY DIVISION OF PUBLIC HEALTH NURSING
The highest risk for Lyme Disease is mid-May through July. Protect yourself and your family with frequent tick checks.

symptoms (fatigue, muscle aches, fever, and headache), and joint pain and swelling.

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My Top 5 Treasures of Hunterdon County

BY: KARA CHERNEY

When my family moved here to beautiful Hunterdon County almost three years ago, I had a 3-year-old son and a 5-month-old daughter. My son loved listening to a John Mayer CD (he's always had a bit of an interesting taste in music) in our car and

my daughter was at that age of being inconsolable unless strapped into a car seat while the soothing road vibrations and the voice of John Mayer did what I was incapable of doing which was to soothe her to the point of sleep. This dynamic, as well as my inherent love of exploration in uncharted territories,

lead us to endless drives along the back roads of our new home. I have always been a big believer that the best treasures are often discovered by "getting lost" and we did plenty of that. These outings lead us all over the county and helped us stumble upon many little gems that I

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Proper tick removal is essential to prevent the spread of disease.

It's Lyme time (continued from Page 1)

Don't:

1. Burn tick with a match.
2. Smother with petroleum jelly or noxious chemical.
3. Crush with your fingers.

These methods increase your risk for Lyme disease.

For more information, contact the Hunterdon County Division of Public Health Nursing

6 Gauntt Place, PO Box 2900, Flemington, NJ 08822. Call (908) 806-4570, fax (908) 806-5503, or visit www.co.hunterdon.nj.us/health/lymeinfo.htm.

Top 10 (continued from Page 1)

"I have always been a big believer that the best treasures are often discovered by 'getting lost'..."

have been happy to share with my friends and other newcomers to the area and I thought I would take this opportunity to put our top 5 down on paper for my fellow Union Township residents to hopefully enjoy as well.

My family also is always open to suggestions, so feel free to write in to our Facebook page at www.facebook.com/utec.hc with your own suggestions and I will get a list together for a future publication. By the way, my daughter is 3 now and did get over her colic for those of you new moms out there who think it will never end!

HERE ARE MY TOP 5:

- Sky Manor airport and restaurant – 48 Sky Manor Rd in Pittstown NJ. Great to watch the airplanes come in and out on a weekend!
- Field of Dreams Park - 314 Old Allerton Rd in Annandale NJ. Beautiful old wooden park with tons of opportunity to explore
- Spruce Run Reservoir - 68 Van Syckels Rd in Clinton, NJ. Great way to spend a warm summer afternoon
- Local fire stations - throughout Hunterdon County. Free tours and sometimes they even let the kids honk the horns

- Hoffman Park - 26 Baptist Church Rd in Hampton NJ. Neat little pond with beaver dam you can hike around.

Kara Cherney is an alternate member for the Union Township Environmental Commission.

Hunterdon County ranked as healthiest county in NJ

Hunterdon County recently was ranked as the healthiest county in New Jersey by the Robert Wood Johnson Foundation. The *County Health Rankings* show the rank of the health of nearly every county in the nation and illustrate that much of what affects health occurs outside of the doctor's office.

The *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* look at a variety of measures that affect health such as the rate of people dying before age 75, high school graduation rates, unemployment, limited access to healthy foods, air and water quality, income, and rates of smoking, obesity and teen births.

Based on data available for each county, the *Rankings* are unique in their ability to measure the overall health of each county in all 50 states on the many factors that influence health, and they have been used to garner support among government agencies, healthcare providers, community organizations, business leaders, policymakers, and the public for local health improvement initiatives.

Source: Robert Wood Johnson Foundation

County	Rank
Hunterdon	1
Morris	2
Somerset	3
Bergen	4
Middlesex	5
Monmouth	6
Sussex	7
Ocean	8
Warren	9
Union	10
Burlington	11
Mercer	12
Gloucester	13
Passaic	14
Hudson	15
Cape May	16
Atlantic	17
Camden	18
Essex	19
Salem	20
Cumberland	21

Because I Care

BY DAN CHERNEY

As a new addition to our newsletter, in every edition we will interview one of our Union Township citizens to find out what things they do to help play a part in conserving both our local and national resources.

This segment called, "Because I Care," is one way we want to put the spotlight on you in the hopes of learning some new tips from our friends and neighbors. Look for the tap on the shoulder because you may be asked to share next.

This edition's spotlight goes to Dan Cherney, a chemist. Here are some of his tips for sustain-

ing our environment for generations to come:

- Build a compost pile in your backyard that includes leaves, vegetable scraps, and coffee grinds.
- Recycle. Take advantage of recycling and fight the urge to throw those empty water bottles in the trash.
- Close off rooms that are not currently being utilized. This greatly saves energy which in turn saves you money.
- Turn the lights off when you leave a room.
- Use a cloth towel instead of a paper towel whenever possible and purchase the paper towels that come in smaller sizes to reduce

waste.

- Carpool when possible.
- Teach your children the importance of being aware of their environment so that they can make the right decisions.
- Make sure windows and doors are sealed.
- Barbecue in the summer and use your oven in the winter.

To submit your suggestions, visit our facebook page at www.facebook.com/utec.hc.

Dan Cherney is a chemist who resides in Union Township.



Dan Cherney



Get out and enjoy all Union Township has to offer

BY CLAUDIA ROCCA

Union Township is home to a wide array of open space and park facilities for families to enjoy the great outdoors. Take time this summer or fall to explore the nature in our own backyard. Many of the parks, including the following, offer wonderful wild-life viewing opportunities:

Finn Road Park – Union Township Park

9:30 a.m. until dusk

Little League baseball and softball fields and one full-sized baseball field, three soccer fields, portable bathroom facilities, a playground for young children, snack shack, picnic pavilion, half-mile walking path, and 5K hiking trail. For more information, visit www.utrecreation.com/.

Millbrook Park – Union Township Park

9:30 a.m. until dusk

Millbrook Park is located approximately 2.8 miles northwest from Union Township School on Strotz Road. The park currently provides a little league baseball and softball field and a full-

size soccer field. For more information, visit www.utrecreation.com/.

Hoffman Park – Hunterdon County Park

9 a.m. until dusk

Main entrance: 26 Baptist Church Road, Hampton.

East entrance: 751 Mechlin Corner Road, Hampton

Offerings include biking, hiking/nature trails, cross country skiing, fishing, and parking. For more information, visit www.co.hunterdon.nj.us/depts/parks/ParkAreas/Hoffman/info.htm.

Spruce Run Recreation Area - State Park

Open daily sunrise to sunset

Van Syckles Road

Offerings include picnic grounds, playground, swimming, fishing, camping, boating (up to 9hp), hiking/nature trails, hunting, and parking. Nominal entrance fees are charged per vehicle from Memorial Day weekend to Labor Day. For more information, visit www.state.nj.us/dep/parksandforests/parks/spruce.html.

Where Can I Recycle That?

A guide to recycling resources for Union Township residents

Item Description	Recycling Location	Frequency	Comments
Glass Bottles (all colors)	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled; plate/window glass is not accepted
Aluminum and Tin Cans	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled
Plastic Containers (No. 1-7)	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled
Junk Mail	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled
Newspapers (Bundled in paper bags or tied)	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled
Cardboard Boxes (Break down or flatten)	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Commingled
All of the above	Hunterdon County Recycling Depot (10 Petticoat Lane, Annandale)	Saturdays 10:30-1:00PM	No commingling. Call 908-236-9088 or check Web site.
Batteries (AAAA-D cell)	Household trash (County no longer accepts)		
Anti-freeze (Auto, used)	Patrick's Auto (79 Rt. 173) or County Hazardous Waste Day	County: Every six months	See County Web site for dates.
Asbestos pipe wrap	County Hazardous Waste Day	Every six months	Dampen and double-wrap in plastic.
Batteries (Car, mower)	Home Depot or Lowe's		
Cell phones	Shop-Rite (Clinton)		Recycled for the soldiers.
Clothing	Municipal Building (140 Perryville Ave.) Norton Church Thrift Shop (908-735-0177) Open Cupboard Food Pantry (908-730-7320)	Daily PVFC container, call for hours	Clothing container behind the municipal building benefits Pattenburg Fire Company.
Electronics (computers, monitors, speakers, TVs, DVD players, stereo equipment, home phones, etc.)	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	Bring to specified electronics dumpster behind municipal building..
Eyeglasses	Shop-Rite (Clinton)	24 hours, seven days a week	Lions container in front of store
Fluorescent lights (standard)	County Hazardous Waste Day	Every six months	See County website for dates
Compact fluorescent lights	Home Depot		
Furniture in good condition	Donate to charity: Lord's Closet (908-534-1777) Salvation Army (800-449-9538)		
Grass clippings, tree branches, leaves, and other yard waste	Your property		Township does not offer removal of these items. See "Union Township Guide to Leaf and Yard Waste Management" on township Web site.
Herbicides	County Hazardous Waste Day	Every six months	See County Web site for dates
Household clean-out items	Union Township Bulk Dumpster behind municipal building	8 a.m. to 12 p.m. first and third Saturday or until dumpster is full	Must present ID card issued by township. No construction debris. See township Web site for details.
Household items in good condition	Norton Church Thrift Shop (908-735-0177) Open Cupboard Food Pantry (908-730-7320)	Call shops for hours	Do not leave out front
Household trash and construction debris	Hunterdon County Recycling Depot (10 Petticoat Lane, Annandale)	7 a.m. to 4:30 Monday through Friday; 7 a.m. to 1 p.m. Saturday	Fee-based. Call 908-236-9088 or check county Web site.
Metals (Copper, steel, iron aluminum, etc.)	Union Township Bulk Dumpster (Located behind Municipal Building—140 Perryville Road, Hampton) Hunterdon County Recycling Depot (10 Petticoat Lane, Annandale)	Township: 8 a.m. to noon first/third Saturday or until dumpster is full. County: 7 a.m. to 4:30 p.m. Monday through Friday; 7 a.m. to 1 p.m. Saturday	Fee-based. Call 908-236-9088 or check county Web site.
Motor oil (used)	Patrick's Auto (79 Rt. 173), Wal-Mart or County Hazardous Waste Day	County: Every six months	See County Web site for dates
Paint (oil-based)	County Hazardous Waste Day	Every six months	See County Web site for dates
Paint (water-based)	Household Trash		Open can, let dry, and dispose in trash
Pesticides	County Hazardous Waste Day	Every six months	See County Web site for dates
Plastic grocery bags	Shop-Rite (Clinton)		Put all bags into one and tie
Prescription drugs	Household Trash		Remove label and place in trash. DO NOT flush.
Printer cartridges	Municipal Building (140 Perryville Ave.)	Saturday 8 a.m. to noon	
Refrigerators, freezers, and other appliances	Union Township Bulk Dumpster behind municipal building		Township residents only; \$15 fee applies.
Tree branches and stumps	Your property		
Smoke Detectors	http://des.nh.gov/organization/commissioner/p2au/pps/ppuwmp/smoke_detectors.htm http://1800recycling.com/2011/11/recycling-smoke-detectors-not-easy/		

Trash removal in Union Township is by private contract. Recycling is mandatory. The Recycling Depot is open from 8 a.m. to noon every Saturday except holiday weekends. It is located behind the Municipal Building. During snow or ice storms, the Recycling Depot is closed. No leaves or brush can be picked up by the Township, but instead, residents are urged to recycle on their property. Parking is not permitted on Township roads during snow and/or ice storms. Tree, driveway, and lighting ordinances are in effect. Dead deer may be reported to the Township Clerk. Dog licenses are available on the Township Web site, and at the Municipal Building.

Union Township Recycles

Recycling depot makes it easy, convenient to reduce waste and preserve rural landscape

Union Township is in its fourth year of single stream recycling and weekly recyclables volume continues to grow. The township recycling depot, located behind the municipal building at 140 Perryville Road, Jutland, is open 8 a.m. to noon every Saturday, and collects all recyclables in one dumpster at the depot.

The contract recycler sorts the recycling at a state-of-the-art facility, and the Union Township recycling depot accepts all glass, aluminum, tin, No. 1-7 plastics, junk mail, magazines, newspapers, and cardboard. It isn't necessary to separate materials brought to the depot.

Chip board, such as clean cereal and pizza boxes are accepted provided they are not plastic-coated. Even gift wrap and Christmas cards can be recycled if not embossed with metalized foil. Many plastic bags are now coded for recycling, too, but they must be secured within the recycling container (along with lightweight paper items) to keep them from blowing out of the dumpster on windy days.

The best way to recycle plastic bags is to place them all into one plastic bag and tie it closed, or use reusable shopping bags that don't need to be recycled. Do not use plastic bags to deliver recycling to the depot as they tend to split open and spill their contents. Paper bags or reusable containers are preferable as they do not blow away. Lastly, don't place more

than 20 to 25 pounds of recycling into one container as it can be difficult for the recycling attendants to manage.

There are a limited number of blue reusable 20-gallon recycling containers available at the depot for residents. Just ask an attendant for availability.

Recycling is mandatory in Union Township, as it is in all of New Jersey. All residents need to do their part to meet the 50-percent recycling goal. Most solid waste transporters in the community, including Raritan Valley Disposal, Smith Brothers Sanitation Service, and Waste Management, offer curbside recycling within Union Township. This can be a convenient alternative to bringing recycling to the municipal depot.

The recycling depot accepts printer cartridges, but they must be separated from the rest of recycling and handed to an attendant. Batteries are no longer accepted by the county and should be disposed of in household trash.

Used clothing can be recycled at a collection bin at the recycling depot. Used clothing, sheets, blankets, and stuffed animals may be placed in the bin, with proceeds from the donation of these items returned to the Pattenburg Volunteer Fire Company. Used household items, books, clothing and small furnishings can be recycled at the North Hunterdon United Methodist Church Thrift Shop at 51

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Eat healthy, support our local economy and help the environment—all at the same time—by patronizing these local farms.

Harding's Willow Brook Farm

Product Type: Nursery

Products: Full-service garden center, gift shop, florist, topsoil and mulch, farm-grown mums in fall, Christmas trees, and wreaths.

Address: 534 County Road 614, Asbury

Hours: 8 a.m. to 6 p.m. daily, Easter through Christmas.

E-mail: deharding@hotmail.com

Phone: 908-735-6900

Peaceful Valley Orchards

Product Type: Produce

Products: Apples, pears, peaches, nectarines, plums, tomatoes, peppers, zucchini, cucumbers, eggplant, sweet corn, and pumpkins.

Address: 150 Pittstown Road, Pittstown

Hours: Check Web site for hours of operation.

E-mail: peacefulvalleyorchards1@gmail.com

Phone: 908-730-7748

Web site: www.peacefulvalleyorchards.com

Tradition Farms

Product Type: Produce

Products: 17 varieties of peaches, 30 varieties of apples, tomatoes, peppers, eggplant, summer squash, cucumbers, winter squash, pumpkins, plums, green beans, sweet corn, onions, potatoes, and fall ornamentals (call for product availability.)

Address: 465 County Road 614 Asbury

Hours: Noon to 7 p.m. Monday-Friday, 9 a.m. to 6 p.m. Saturday, and 10 a.m. to 5 p.m. Sunday beginning mid-July to Dec. 1.

Phone: 908-730-8303

White Winds Farm

Product Type: Produce and eggs

Products: Eggs year round, quail eggs by request, tomatoes, peppers, potatoes, raspberries in spring and summer, Asian pears, pumpkins, and gourds available in the fall.

Address: 586 Main Street, Pattenburg

Phone: 908-735-4058

Frace's Farm Stand

Product Type: Produce

Address: 583 County Route 579, Hampton

Phone: 908-735-2534



Union Township Environmental
Commission
Hunterdon County, State of
New Jersey
140 Perryville Road
Hampton, NJ 08827



About this newsletter:

Union Township, like all municipalities in New Jersey, is required to provide information to residents on environmental subjects, including stormwater management, recycling, and grants. This newsletter fulfills that requirement. It was designed and written by township volunteers. If you are interested in advertising in our next newsletter, e-mail UTEC@uniontwp-hcnj.org. Residents can receive UTEC newsletters, important township news, and other correspondence electronically by e-mail rather than in print. To request this service, send an email to utec@uniontwp-hcnj.org with "UTEC EMAILS" as the subject. Be sure to include your full name and address.

2013 Stream Cleanup



On Saturday, April 20, 2103 the Annual Stream Cleanup was held on Race Street removing trash and recyclables from the Sidney Brook and wooded areas. Assisting in the cleanup were members of Girl Scout Troops 80112, 80221, Boy Scout Troop 119, parents, siblings and friends. The Cleanup was sponsored by the Raritan Headwaters Association and organized by Mr. VJ DiRoberto. Also assisting with the cleanup were Mayor Michele McBride and UTEC Chair, Don Church.

Union Township Recycles continued from Page 5

Charlestown Road in Hampton (908-735-0177) or at the Open Cupboard Food Pantry Thrift Shop at 37 Old Highway 22 in Clinton (908- 638-5773).

Appliances can be recycled through the township. Bring them to the bulk dumpster behind the municipal building on 1st and 3rd Saturdays from 8am-12pm.. If appliance contains Freon then you must first purchase a Freon removal card from the township Clerk at Municipal Building M-F 9-4PM and present it with your appliance.

For more information on items that can be recycled, visit Guide to Recycling on page 5 or visit the Hunterdon County Recycling website, which lists recycling resources for even more items at www.co.hunterdon.nj.us/solidwaste/recycling/links.htm.



Recycling is mandatory in Union Township and all of New Jersey.



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Hunterdon County, State of
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140 Perryville Road
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About this newsletter:

Union Township, like all municipalities in New Jersey, is required to provide information to residents on environmental subjects, including stormwater management, recycling, and grants. This newsletter fulfills that requirement. It was designed and written by township volunteers. If you are interested in advertising in our next newsletter, e-mail UTEC@uniontwp-hcnj.org. Residents can receive UTEC newsletters, important township news, and other correspondence electronically by e-mail rather than in print. To request this service, send an email to utec@uniontwp-hcnj.org with "UTEC EMAILS" as the subject. Be sure to include your full name and address.

UTEC Chair Update



Bowman Hill Wildflower Preserve, located in New Hope, Pa. , was one of several field trips included in the Environmental Steward Training Certificate Program at Duke Farms, Hillsborough.

Environmental Steward Program

By Don Church

This year I had the distinct pleasure of being a part of the Environmental Steward Certificate Training Program by Rutgers offered at Duke Farms in Hillsborough. The program consists of 20 three hour lectures, field trips and films related to the basic processes of the earth, air, water and biological systems. After the classroom sessions are complete, participants are then required to complete a 60 hour internship to qualify for a certificate. The internship can be completed anytime after the lecture series is complete.

Some of the topics of the lectures included the "Soils and Geology of NJ", "Climate Change", "Renewable Energy", "Storms Water Management", "Mosquito Control and Invasive/Native Species". Our field trips included a tour of Duke Farms and a visit to Bowman's Hill Wildflower Preserve in New Hope, PA. The trip was right at peak time for viewing the blue bells which was an awesome sight which can be seen above in picture taken on April 16.

The Rutgers Agricultural Experiment Station Cooperative Extension puts on the Environmental Steward Program (<http://envirostewards.rutgers.edu/>) and also sponsors the Master Gardener Program (<http://njaes.rutgers.edu/mastergardeners/>). I would suggest that anyone with an interest in Environmental Advocacy take part in this very informative, worthwhile program. The cost of the program is \$250 and is typically offered at Duke Farms and the Atlantic County Utility Authority. Take a look at the link provided and if interested, contact Bruce Barbour via email at barbour@aesop.rutgers.edu. The program is offered once a year starting in January.